



**Tioga Opportunities, Inc.**

# Countryside Community Center May 2024 Menu

**9 Sheldon Guile Blvd. Owego, New York 13827  
607-687-4120**

Lunch is served Monday through Friday from 11:30AM to 12:30PM.

Suggested contribution is \$5.00 for age 60+ and \$7.00 for ages under 60.

*Contributions may be made in the form of cash, check, or credit/debit card. Gift Cards Available.*

If you have a food allergy, please notify us. Allergen information for menu items is available. Ask an employee for details.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Menu subject to change without notice.</b>	<b>Hot meals served with milk and bread.</b>	1 Salisbury Steak with Mushroom Gravy Mashed Potatoes Carrots Whole Grain Roll Tapioca Pudding with Oranges	2 Pork Stir Fry with Asian Vegetables over Brown Rice Bread Fruit Mix	3 <b>Cinco de Mayo</b> Taco Casserole Vegetables Corn Muffin Dessert
6 Chicken Spiedies on Whole Grain Roll Roasted Potatoes Spinach Greek Yogurt	7 Meatball Sub on Whole Grain Roll Sweet Potato Fries Cauliflower Fruit Salad	8 Turkey a la King Brown Rice Mixed Vegetables Rye Bread Fruit Cup	9 <b>Mother's Day Luncheon</b> <i>Reservations Required</i> Greek Chicken with Long Grain Wild Rice Mixed Vegetables Whole Grain Roll Lemon Pudding with Strawberries	10 Philly Cheesesteak on Whole Grain Bun Baked Beans Broccoli Muffin
13 Garden Chili Brown Rice Corn Muffin Pineapple	14 Sloppy Joe Sandwich Roasted Red Potatoes Brussel Sprouts Peach Parfait	15 Chicken Caprese Whole Grain Pasta Mixed Vegetables Whole Grain Roll Fresh Orange	16 Macaroni & Cheese Stewed Tomatoes Whole Grain Roll Greek Yogurt with Blueberries	17 Meatloaf Baked Potato Mixed Vegetables Whole Grain Roll Carrot Cake
20 Bratwurst with Sauerkraut on Whole Grain Bun Sweet Potato Fries Asparagus Peaches	21 Caramelized Onions & Cheddar Cheeseburger on Whole Grain Roll Baked Beans Mixed Vegetables Tropical Fruit	22 <b>60th Anniversary Celebration</b> Penne with Chicken Meatballs Spinach Whole Wheat Roll Triple Berry Crisp	23 Beef Burgundy Mixed Vegetables Whole Grain Roll Pineapple	24 Chicken Sausage with Onions & Peppers on Whole Grain Roll Penne Pasta Mixed Vegetables Dessert
27 <b>CLOSED Memorial Day Holiday</b> 	28 Chicken Philly Cheesesteak on Whole Grain Roll Sweet Potato Fries Green Beans Fruit Salad	29 Roast Pork Mashed Potatoes Carrots Whole Grain Roll Applesauce	30 Cannellini with Beans over Orzo Mixed Vegetables Whole Grain Roll Chocolate Pudding with Raspberries	31 Pesto Chicken Bow Tie Pasta Mixed Vegetables Whole Grain Roll Cookie

**May 2024**

**Community Presentation and Activity Calendar**

**Chair Yoga for Older Adults** meets every **Wednesday from 10:00am to 11:00am** at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego.

**"Should I Give My House to My Kids?" on Friday, May 3rd at 10:00am** at TOI's Countryside Community Center. Karen McMullen, attorney from Levene Gouldin & Thompson, LLP, will present information on Medicaid eligibility for nursing home care and the five year look-back. One planning strategy is to accomplish a "life estate deed" or an "irrevocable trust" to shelter the house and land from nursing home expenses. Please call 607-687-4120 or email [info@tiogaopp.org](mailto:info@tiogaopp.org) to reserve your seat.

**BINGO for Older Adults!** Join us for a friendly game of Bingo on **Friday, May 10th** from 1:00pm to 2:00pm at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego.

**Let's Rock Painting Party on Friday, May 17th** at 2:00pm at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego. We will be painting rocks to be placed around the community for kids and adults to find. Help spread cheer to inspire and brighten our community. Paint and all art supplies will be provided. Call 607-687-4120 or email [info@tiogaopp.org](mailto:info@tiogaopp.org) to sign up.

**Just Say Yes to Fruits and Vegetables** with the Food Bank of the Southern Tier on **Thursday, May 16th** from 10:00am-11:00am at TOI's Countryside Community Center, 9 Sheldon Guile Blvd., Owego. Free cooking demonstration with easy, low cost recipes. Call (607) 687-4120 to reserve your seat.

**Visit and subscribe to our Community Calendar at**  
<https://tiogaopp.org/community-calendar/>



**Community Action  
60th Anniversary Celebration**



**Wednesday, May 22nd from 11:30-12:30pm**  
**Countryside Community Center, 9 Sheldon Guile Blvd., Owego**



Lot's of **Groovy** Fun!

Wear your **60's** attire! Music & Trivia!

**Join us for Decision Making Day**



Have you thought about a Will, Power of Attorney, or Health Care Proxy?

**Friday, May 10th from 9:00AM to 11:30AM**

**Countryside Community Center,  
9 Sheldon Guile Blvd., Owego.**

*Greg Catarella, Esq. from the Law Office of Greg S. Catarella will be sharing important information on essential documents including Wills, Living Wills, Powers of Attorney, Health Care Proxies, and Do-Not-Resuscitate Orders.*



The program is open to the public, but registration is appreciated.

**Call 607-687-4120 to reserve your seat!**

**Join Us for a Special Celebration Honoring Mothers and Fathers!**



**Mother's Day Luncheon**

**Thursday, May 9th**

Serving at 11:30am

**Greek Chicken with Wild Rice**

**Countryside Community Center, 9 Sheldon Guile Blvd., Owego**



**Father's Day Luncheon**

**Thursday, June 13th**

Serving at 11:30am

**Marinated Chicken**

**Reservations are required. Call Sue at 687-4120 ext. 320 or email [info@tiogaopp.org](mailto:info@tiogaopp.org) to make your reservation.**